



Resilience & Performance Skills



Hunt The Good Stuff

Hunt the Good Stuff to counter the negativity bias, to create positive emotion, and to notice and analyze what is good. Record three good things each day and write a reflection next to each positive event about why the good thing happened, what this means to you, what you can do to enable more of the good thing, and ways you can contribute to this good thing.



Activating Event, Thoughts, Consequences

Identify your Thoughts about an Activating Event and the Consequences of those thoughts. Thoughts, not the Activating Event, drive Consequences (Emotions and Reactions).



Avoid Thinking Traps

Identify and correct overly rigid patterns in thinking through the use of Mental Cues and Critical Questions. Mental Cues and Critical Questions help to identify the information you missed because of a Thinking Trap.



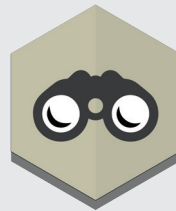
Detect Icebergs

Identify and evaluate core values and core beliefs that fuel out-of-proportion emotions and reactions. Use "What" questions to help identify the Iceberg.



Problem Solving

Identify your thoughts about why the problem happened, identify other factors with Critical Questions, test them for accuracy, and then identify solution strategies.



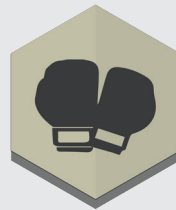
Put It In Perspective

Stop catastrophic thinking, reduce anxiety, and improve problem solving by Capturing the Worst, Generating the Best, and Identifying the Most Likely outcomes of a situation and Developing a plan for dealing with the Most Likely Outcomes.



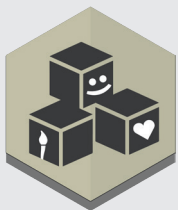
Mental Games

Change the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand. Mental Games are games that require your full attention, are hard and fun, and can be done within a few minutes.



Real-time Resilience

Shut down counterproductive thinking to enable greater concentration and focus on the task at hand. Fight back against counterproductive thoughts by using evidence, optimism, or perspective.



Identify Character Strengths in Self and Others

Identify your top Character Strengths and those of others and identify ways to use your Character Strengths to increase your effectiveness and strengthen your relationships.



Character Strengths: Challenges & Leadership

Use Character Strengths in yourself and others to overcome challenges, increase team effectiveness, and strengthen your leadership. Identify the Character Strengths you will use and the specific actions those Character Strengths will lead to being a more effective leader and enabling members of your team to overcome complex challenges.



Assertive Communication

Communicate clearly and with respect, especially during conflict or challenge. Use the IDEAL model (Identify and understand the problem, Describe the problem objectively, Express your concerns and how you feel, Ask other person for his/her perspective and ask for a reasonable change, List the positive consequences that will occur if the person makes the agreed upon change) to communicate in a Confident, Clear, and Controlled manner.



Effective Praise and Active Constructive Responding

Praise effectively to build mastery and winning streaks. Name strategies, processes, or behaviors that led to the good outcome. Respond to others with authentic, active, and constructive interest to build strong relationships. It is the only style that strengthens relationships.



Mental Skills Foundation

Identify the mental skills that underlie performance and understand the psychology of performance excellence. Recognize the distinctions between growth and fixed mindsets. Understand the relationship between thoughts, emotions, physical states, and performance.



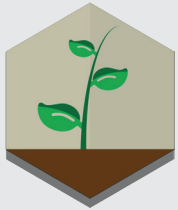
Attention Control

Heighten sensory awareness to what is most relevant and keep it there to avoid distraction. Understand how to direct attention and build awareness of personal attentional tendencies. Identify personal indicators of distractors that compromise focus. Develop routines to set and reset the ideal state for focused skill execution.



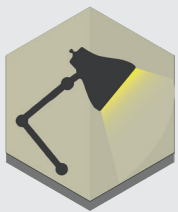
Goal Setting

Identify a personally meaningful goal and develop a concrete plan to ensure achievement. Understand how personal values help form self-directed motivation. Develop commitment strategies to support goal attainment. Create techniques to regularly monitor goal progress.



Your Learning Mindset

Examine how motivation is the foundation for successful learning, and recognize attitudes that may limit success. Understand how learning changes your brain, and how a learning mindset affects your study strategy.



Make Study Effort Count

Establish the right study conditions to direct attention to immediate learning tasks, employing the Study Power Hour as an example study regimen to regulate study effort.



Take Effective Notes

Develop meaningful, reusable resources that facilitate comprehension and retention. Consider how listening and attitude affect the quality of notes, and develop a better note-taking style.



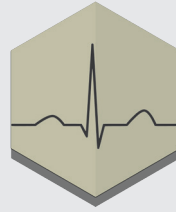
Learn With Your Peers

Form successful study groups and apply individual learning strengths effectively in a peer situation. Learn characteristics to seek in effective study partnerships and troubleshoot partnership pitfalls.



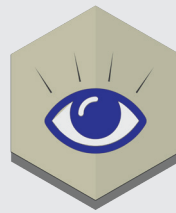
Building Confidence

Develop effective thinking to set the conditions for consistent performance excellence. Understand the sources of confidence. Identify personal strengths that can be leveraged for confidence in any situation. Develop effective responses for counterproductive thoughts and effective perceptions of failure and success.



Energy Management

Use self-regulation skills to effectively modulate and restore energy in order to thrive under pressure. Understand how mind-body activation levels impact performance. Prioritize controllable factors that influence mind-body activation. Practice deliberate breathing and develop strategies to combat chronic sleep restriction.



Integrating Imagery

Mentally rehearse successful performances to program the mind and body to perform automatically and without hesitation. Understand the scientific basis of the brain-performance connection. Identify and practice the three factors that contribute to effective imagery.



Plan and Prioritize Your Time

Work effectively toward academic goals and managing time. Understand how your time is spent during a typical week, and conquer procrastination through an action plan.



Remember What You Study

Improve knowledge retention through brain-based learning theory. Understand how memory works and why healthy habits are critical to academic success.



Attack Your Reading

Develop and use active processes to aid comprehension, knowledge retention, and efficiency. Apply the "Survey-Question-Read-Recite-Review" reading process.



Combat Your Tests

Become test-wise through planning, understand test questions, thinking effectively, managing energy, and embracing nerves to alleviate test anxiety and optimize test performance.